

AUGUST 2026

A Message of Care and Commitment This August

North Valley Senior Center

3825 4th Street, NW 87107

www.cabq.gov/seniors

505-761-4025

Center Hours

Mon., Wed., Thur., Fri.: 8am - 5pm

Tuesday: 8am - 7pm

Saturday Closed

Sunday: 12:30pm - 4:30pm

North Valley Senior Center

Staff

Julianna Brooks, Center Manager

Mike Duran, Coordinator

Bryanna Santomenna, Office Assistant

Jason Mercado, Program Assistant

VACANT, Program Assistant

VACANT, General Services

Cynthia Johnson, Cook

Patricia Candelaria, Kitchen Aide

Department of Senior Affairs

Director

Anna M. Sanchez



The Department of Senior Affairs is committed to providing resources with care and compassion that help our community thrive while embracing aging.

Accredited by 
National Institute of
Senior Centers

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Monthly menu & Breakfast Menu are
located at the front desk

As we are now a month into the new fiscal year, I want to thank everyone who has shared feedback and was willing to learn more about the many services our department provides each day to Albuquerque's growing older adult population. Please know that we have heard you – and your comments, ideas, and concerns have been thoughtfully considered.

We are proud to offer services that are truly unique to our city. Albuquerque remains the only city we could identify that provides an affordable, hot, made-to-order breakfast each weekday. We also continue to provide a free hot congregate lunch for adults age 60 and older at our nine senior and multigenerational centers, as well as 13 partner meal sites throughout Bernalillo County. Equally important, our home-delivered meal program remains free for eligible older adults who rely on these critical in-home nutrition supports to remain safe and independent.

The recent breakfast menu changes were made to help ensure the long-term sustainability of our nutrition program. As we navigate inflation, tariffs, and funding not growing for senior services on a federal level, we must continue to evaluate how our resources can have the greatest impact.

We also recognize that breakfast is about much more than a meal. It is a time for conversation, friendship, and connection. As we continue evaluating the program, we will look for cost-effective opportunities to bring back popular favorites when and if possible. In fact, I'm happy to share that chile will be returning to the menu. And, of course, complimentary coffee will continue to be available because we know that a cup of coffee and good conversation is an important part of what makes our centers feel like home.

Thank you to everyone who attended our Coffee with Constituents sessions, participated in Advisory Council meetings, submitted comments, or spoke directly with me or our staff. Those conversations are invaluable, and we will continue creating opportunities to listen and engage with our community.

After more than eight and a half years serving as Director, my commitment remains unchanged: to be responsive, transparent, and focused on making the greatest possible impact with the resources entrusted to us. While many know us through our centers, our responsibility extends equally to the older adults who are less visible—those who depend on home-delivered meals, transportation, case management, and other services that help them age safely and independently in their own homes.

It is an honor to serve Albuquerque's older adults. Thank you for your partnership, your feedback, and your continued trust as we work together to ensure every older adult has the opportunity to live a healthy, connected, and independent life.

Anna Sanchez, Department of Senior Affairs Director

Department of Senior Affairs Participant Code of Conduct

Participants are expected to respect the rights of others and to adhere to the following code of conduct so that all may have a pleasant and safe experience. This includes all City programs and activities and their locations.

1. Maintain personal hygiene that is not offensive or unhealthy.
2. Does not harass or bully other participants and/or staff, with racial slurs, verbal abuse, or sexual harassment. Participants must show consideration for the diversity of staff and other participants.
3. Does not use voice and behavior that will disturb other center participants.
4. Does not use language and behavior that other participants and staff will find obscene, abusive or sexually offensive. This includes, but is not limited to in person, by telephone or electronic device.
5. Show courtesy to other participants and staff; respect decisions made by staff and bring issues involving the operations of a facility to the management's attention for resolution.
6. No unlawful weapons are allowed in City facilities. (See Administrative Instruction AI 5-19, NMSA 1978 Section 30-7-2.1)
7. Fighting between participants or with a staff person is prohibited.
8. Bringing bicycles into the facility is prohibited.
9. Smoking is prohibited in facilities or on premises.
10. Alcohol consumption or possession of alcoholic beverages is prohibited,
11. Any type of gambling is strictly prohibited in all facilities.
12. Selling, soliciting or panhandling is prohibited.
13. Eating is prohibited in billiards rooms and computer labs.
14. Vandalizing or damaging facilities, grounds, equipment or materials or from any City sponsored program is prohibited.
15. Treat City materials, equipment, furniture, grounds, and facility with respect.
16. Use City equipment in a safe and appropriate manner.
17. Keep the building and grounds neat, clean, and litter free.

Failure to observe rules of conduct may result in disciplinary action being taken against participants, up to and including suspension from the facility, program or service.

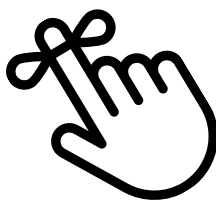
LUNCH RESERVATIONS POLICY

Menu Subject to Change

*****Lunch Reservations must be made by 1:00pm one day in advance.***

If you do not have a reservation you may wait until 12:30pm for any cancellations or no-shows at that time. The reserved lunch can be given away on a first come first serve basis. We cannot guarantee a meal if you have not placed a reservation in advance as required.

Kindly remember to update or renew your membership. When attending classes or activities, please check in at the front desk. Participation in all activities & meals requires DSA Membership.



Membership Processing
9:00am - 11:00am & 1:00pm -
3:30pm
Monday - Friday

Upcoming Trip Information

"For all our holiday and seasonal events, please visit www.cabq.gov/seniors and click on the 'Senior Affairs Events' tab on the left side of the page."



August Mystery Trip

Join us as our popular
mystery trips return!

Please check out our activity board
for the posting of the August
Mystery Trip!

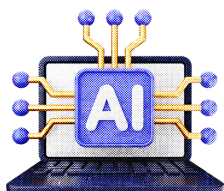
***Please note: This is an all day trip, be prepared & dress accordingly. Please bring money as lunch & any other expenses are at your own expense.**

If you attended the last mystery trip, please avoid signing up again or join the waitlist to allow others a chance to participate. Please check with the front desk for sign-up date.

Artificial Intelligence, Real Consequences Presentation

Artificial Intelligence (AI) is increasingly used in digital products but is also exploited by scammers to deceive victims, especially seniors. The FBI reported that individuals aged 60 and over lost \$7.75 billion to internet crimes last year. To address this issue, the New Mexico Securities Division will hold a presentation titled "Artificial Intelligence, Real Consequences" on August 13 at 9:30 a.m. This 60-minute session aims to educate seniors, caregivers, and program directors about AI-driven scams, offering real-life examples, handouts, and time for questions. Join to learn how to protect yourself and others.

Thursday, August 13th at 9:30 am



Estate Planning for Seniors Presented by Judge Cristy J. Carbón-Gaul



Presented by attorney and judge
Cristy J. Carbón-Gaul



Learn about
organizing your
legal, financial and
healthcare
documents to
protect your assets
and dictate your
future wishes

***Sign up at the
front desk***

**Thursday, August 20th
3:30 pm - 4:30 pm**

North Valley Daily Class Schedule

Monday

Fitness Room 8:00 am - 4:45 pm
Billiards 8:00 am - 4:45 pm
Hand Quilting 8:00 am - 2:00 pm (Class Full)
Pottery 8:00 am - 11:30 am (Class Full)
Enhanced Fitness 8:15 am - 9:15 am (Pre-registration required, Attendance Required, Class Full)
Tarde De Oro Dancers 9:30 am - 10:30 am (Class Full)
Fishing Club Meeting 10:00 am - 11:00 am
Poker 12:00 pm - 4:00 pm
Latin Aerobics 1:00 pm - 2:00 pm
Tai Chi Chih 2:00 pm - 3:00 pm

Tuesday

Fitness Room 8:00 am - 6:45 pm
Billiards 8:00 am - 6:45 pm
Flea Market: 8:00 am - 11:30 am
Stained Glass Class 9:00 am - 12:00 pm
Senior Law Office: 9:00 am - 11:00 am (2nd Tue.)
Guitar Jam Session 9:45 am - 11:45 am
Flea Market Lottery: 9:30 am (Last Tue.)
Poker 12:00 pm - 4:00 pm
Canasta 1:15 pm - 4:45 pm
Table Tennis 1:30 pm - 6:00 pm
Photography Club Meeting: 2:00 pm - 3:30 pm (1st & 3rd Tue.)
Dahn Yoga 2:30 pm - 3:30 pm
Zumba 3:45 pm - 4:45 pm

Wednesday

Fitness Room 8:00 am - 4:45 pm
Billiards 8:00 am - 4:45 pm
Enhanced Fitness 8:15 am - 9:15 am (Pre-registration required, Attendance Required, Class Full)
Pilates 8:30 am - 9:30 am
Stained Glass Class 9:00 am - 12:00 pm
Arts & Crafts Sharing 10:00 am - 12:00 pm
Music w/ Caramba (Volunteer Music Group) 10:00 am - 11:30 am
Jewelry w/ Lynne 1:00 pm - 3:00 pm (Class Full)
Poker 12:00 pm - 4:00 pm
Bingo 2:00 pm - 4:00 pm

Computer Lab available during business hours

***Fitness Room Orientation by appointment, please call 505-880-2800/Fitness Room closes 15min. prior to closing.**

Thursday

Fitness Room 8:00 am - 4:45 pm
Billiards 8:00 am - 4:45 pm
Belts & Blocks Yoga 9:00 am - 10:15 am
Stained Glass Class 9:00 am - 12:00 pm
Slow Stretch for Flexibility: 10:00 am - 11:00 am
Poker 12:00 pm - 4:00 pm
Canasta 1:15 pm - 4:30 pm
Parkinson's Support/Advisory Group 3 pm - 4 pm (3rd Thu.)
Dahn Yoga 2:30 pm - 3:30 pm

Friday

Fitness Room 8:00 am - 4:45 pm
Billiards 8:00 am - 4:45 pm
Enhanced Fitness 8:15 am - 9:15 am (Pre-registration required, Attendance Required, Class Full)
AARP Driver Safety Course: 9:00 am - 1:00 pm (3rd Friday)
Chair Yoga 10:00 am - 11:00 am
Slow Stretch for Flexibility 10:00 am - 11:00 am
Pottery Open Lab: 10:30 am - 3:30 pm (class full)
Poker 12:00 pm - 4:00 pm
Canasta/Other Games: 1:00 p.m. - 4:00 p.m.
Table Tennis 2:00 pm - 4:30 pm

Sunday

Fitness Room 12:30 pm - 4:45 pm
Billiards 12:30 pm - 3:45 pm
Hand Quilting 12:30 pm - 3:45 pm (Class Full)
Dance to Live Music 1:30 pm - 4:00 pm

***Classes are subject to change or cancellation due to room space/availability**

General Information

www.cabq.gov/seniors

AARP Driver Safety Course

Friday, August 21st

9:00 a.m. - 1:00 p.m.

\$20 for AARP members

\$25 for non-AARP members

Cash or Check made payable to AARP

Space is limited

AARP
Driver Safety



Senior Citizen Law Office

Power of Attorney Clinic

Please call 505-265-2300 to
schedule an appointment.

Limited space available.



Tuesday, August 11th

9:00 a.m. - 11:00 a.m.

Sunday Afternoon Dances

Dance to live music

1:30pm - 4:00pm,

\$3.00

Current Membership Required

Sunday, August 2nd - Antonio y los Unicos

Sunday, August 9th - Chile Beans Express

Sunday, August 16th - Milagro

Sunday, August 23rd - Paul Pino & Tone Daddies

Sunday, August 30th - Brothers Trio

Bands/Dances subject to change or cancellation



GEHM Clinic

Tuesday, August 25th

8:30 a.m. - 12:00 p.m.



Partnering with University of New
Mexico Nursing and Dental Students
for a health checkup! Track your
weight, monitor blood pressure, and
assess glucose levels and check out
your oral hygiene.

Prioritize your well-being with us!

Monthly Birthday Social

Tuesday, August 25th

9:00 am - 11:00am



Sponsored By:

 **CNSCares**
We Put Care First.



Meetings & Greetings

Coffee with Constituents

Center Members are encouraged to visit with Senior Affairs Director during Coffee with Constituents. This is a great opportunity to ask questions as well as a time to share what is important to you.



Thursday, August 27th | 8:30 AM – 9:30 AM
Bear Canyon Senior Center

**THE FOLLOWING SENIOR CENTERS WILL BE
TEMPORARILY CLOSED FOR EMPLOYEE TRAINING IN AUGUST**



**These facilities will be closed for Employee Training
August 3rd - 7th**

**North Valley Senior Center
Barelas Senior Center
Highland Senior Center
Bear Canyon Senior Center**

Normal business hours will resume on August 9, 2026 for North Valley Senior Center.

Normal business hours will resume on August 8, 2026 for Bear Canyon

Normal business hours will resume on August 10, 2026 for Barelas and Highland

Meal Services will be offered at other locations:

Manzano Mesa Multigenerational Center - 505-275-8731

North Domingo Baca Multigenerational Center - 505-764-6475

Santa Barbara Martineztown Multigenerational Center - 505-767-5671

Los Volcanes Senior Center - 505-767-5999

Palo Duro Senior Center - 505 - 888-8102

Los Volcanes Sports & Fitness - 505-767-5990

Palo Duro Sports & Fitness - 505-880-2800

***Remember to call
these other
centers before
1pm to make a
meal reservation**

***Monthly menu & Breakfast Menu are located
at the front desk***